



Mindfulness
Association

JOIN US FOR FREE
GUIDED
MEDITATIONS
10:30 & 19:00
Monday to Friday

[click here to join](#)

JOIN OUR
MEMBERSHIP

Just £10 for a 6-month
Enjoy our membership
package with free monthly
teachings, dedicated
members website & online
digital archive

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Mon

Tue

Wed

Thu

Fri

Sat

Sun

1

[Enjoy this guided
mindful stretching
practice](#)

2

Drink a glass of
water slowly, noticing
the temperature
and texture.

3

Stand tall and
take 5 deep breaths,
feeling your
feet on the ground

4

[Holy Isle Body Like a
Mountain Retreat](#)

[Start the day with
a mini body scan](#)

5

Do 10 slow
shoulder rolls,
noticing any tension
and releasing it.

6

Gently stretch your
arms, legs, spine and
notice how each
muscle feels.

7

Take a 5-minute
mindful walk, feel
the touch of the feet
on the ground.

8

Scan your body
for lingering tension
and invite those
areas to soften.

9

In the shower, feel
the warmth of the
water, notice the
scent of the soap

10

[Take 1-minute to follow
this guided mindful
stretching meditation](#)

11

Choose one
simple movement and
repeat it a few times in
ultra-slow motion.

12

Pause and name
three physical
sensations you
notice right now.

13

[Mindfulness Level 2 -
Compassion](#)

[Take 5 minutes
today to engage in
some mindful qigong](#)

14

Take a mindful walk
outside and feel the
sunlight or breeze
on your skin.

15

Practice Inhaling deeply
then exhaling slowly
while softening jaw
and shoulders.

16

Become aware
of the texture of
your clothing on the
body as you move

17

Bring awareness to
the body as you do a
household chore

18

Pause and name
three physical
sensations you
notice right now.

19

[Mindful Qigong
Course](#)

[Do this short
Easing the Shoulders
meditation](#)

20

Bring gratitude
to the act of
movement, whatever
that is like for us

21

Engage in some
gentle exercise and
bring mindful attention
to the body

22

Listen to the body
and do some
gentle stretching
in response

23

Dance like no one is
watching and enjoy
the body as it moves

24

[Try our
Tonglen Movement
Mini Meditation](#)

25

Sit or stand upright,
adjust posture with
care, noticing how it
shifts your energy.

26

Dance like no one is
watching and enjoy
the body as it moves

27

[Take a minute to
follow this guided
Grounding and Balance
meditation](#)

28

Dress slowly and
mindfully. Notice all
of the small and
intricate movements

29

Go for a nature walk
and be mindful of
all the senses

30

[Do a 5 minute
mindful body
qigong meditation](#)

June

www.mindfulnessassociation.net